

# Tips on How to Maintain Your Mental Wellness During COVID-19



Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.



Take deep breaths, stretch, or meditate.



Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.



Make time to unwind.



Try to do some other activities you enjoy.



Talk with people you trust about your concerns and how you are feeling.

Mental Health Partners (MHP) is continuing to provide essential mental health and addiction recovery services to our clients and community members. We are still accepting new clients with assessment and evaluations being offered via telehealth.



**Call today: (303) 443-8500**

*If you or someone you know is experiencing a mental health crisis please call the  
Statewide Crisis Line: 1-844-493-TALK*

# In Uncertain Times, Anxiety and Stress Can Increase

It is understandable that during a public health crisis like COVID-19, individuals can feel overwhelmed with emotions like fear, anxiety and stress. These emotions can manifest in:

- Changes in sleep or eating patterns
- Worsening of chronic health problems
- Difficulty sleeping or concentrating
- Increased use of alcohol, tobacco, or other drugs

## Everyone Reacts Differently

It is also important to remember that everyone reacts differently to stressful situations. How a person responds to this public health crisis can depend on your background, the things that make you different from other people, and the community you live in. There is no right or wrong way to respond to a public health crisis of this magnitude. Having patience with yourself, and your loved ones, will help navigate through this challenging time. Keep in mind individuals listed below may respond more strongly to the stress of a crisis:





- Older people and people with chronic diseases who are at higher risk for COVID-19
- People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders
- People who have mental health conditions including problems with substance use
- Children and teens

## Knowing The Facts Can Reduce Stress

One way to reduce stress is to check reputable sources about COVID-19. A great resource to check regularly is the Centers for Disease Control and Prevention [www.cdc.gov](http://www.cdc.gov). They have a full site that provides the latest information and facts on COVID-19, including how to keep yourself healthy; what to do if you get sick; resources for caregivers; and more.

## Stay Connected!

During this public health crisis, MHP is committed to providing our community helpful tips and support for their mental health well being, as well as community resources. The best way to ensure you are receiving the most updated information is to connect with us via the following spaces:

-  @MentalHealthPartnersCO
-  @MentalHealthCO
-  COVID-19 Page: [www.mhpcolorado.org/covid-19-updates](http://www.mhpcolorado.org/covid-19-updates)
-  Our Community Health Workers - Helping Navigate Local Resources: [www.mhpcolorado.org/community-health-workers/](http://www.mhpcolorado.org/community-health-workers/)